




LIFEGUARD EST. 1977 STAYTON POOL					Stayton Family Memorial Pool Schedule SEPTEMBER - NOVEMBER 13-2011		LIFEGUARD EST. 1977 STAYTON POOL	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<div>LOOKING FOR SOMETHING NEW TO DO, TRY OUT WATER POLO</div> <div></div> <div>WATER POLO</div>	
Lap Swim Water Movement 5:30-6:00	Lap Swim Water Movement 5:30-6:00	Lap Swim Water Movement 5:30-6:00	Lap Swim Water Movement 5:30-6:00	Lap Swim Water Movement 5:30-6:00	<div>Rental 8:00-11:55</div> <div></div>	<div>Rental 8:00-11:55</div>		
Lap Swim 6:00-7:00	Lap Swim Build-N-Burn 6:00-6:55	Lap Swim 6:00-7:00	Lap Swim Build-N-Burn 6:00-6:55	Lap Swim Build-N-Burn 6:00-6:55				
Lap Swim/Water Movement 7:00-7:55	Lap Swim 7:00-7:55	Lap Swim/Water Movement 7:00-7:55	Lap Swim 7:00-7:55	Lap Swim/Water Movement 7:00-7:55				
Core Conditioning 8:00-8:55	Joint Efforts 8:00-8:55	Core Conditioning 8:00-8:55	Joint Efforts 8:00-8:55	Core Conditioning 8:00-8:55				
High Intensity Build-N-Burn 9:00-9:55	Medium Intensity Build-N-Burn 9:00-9:55	High Intensity Build-N-Burn 9:00-9:55	Medium Intensity Build-N-Burn 9:00-9:55	High Intensity Build-N-Burn 9:00-9:55			<div>Stayton Family Memorial Pool 400 W. Virginia Stayton, OR 97383 503-767-POOL Pool Website: www.staytonoregon.gov</div>	
Joint Efforts/Deep Muscles & More 10:00-10:55	Power Hr + High Intensity Deep Water 10:00-10:55	Joint Efforts/Deep Muscles & More 10:00-10:55	Flipped Out Cardio 10:00-10:55	Deep Muscles & More 10:00-10:55				
Flipped Out Cardio 11:00-11:55	Tri-Training 11:00-11:55	Flipped Out Cardio 11:00-11:55	Tri-Training 11:00-11:55	Open Swim 11:00-11:55				
Lap Swim 12:00-12:55	Lap Swim 12:00-12:55	Lap Swim 12:00-12:55	Lap Swim 12:00-12:55	Lap Swim 12:00-12:55	Lap Swim Water Movement 12:00-12:55	Lap Swim Water Movement 12:00-12:55		
Rental Kiwanis 3rd Grade lessons 1:15-2:10	Rental Kiwanis 3rd Grade lessons 1:15-2:10	Rental Kiwanis 3rd Grade lessons 1:15-2:10	Rental Kiwanis 3rd Grade lessons 1:15-2:10	Rental 1:00-2:00	Open Swim 1:00-2:55	<div>\$1.00 Open Swim 1:00-3:55 (1st Sunday of the Month ONLY!!)</div>	<div>Movie Night 1st & 3rd Fridays of the Month</div>	
Senior/Therapy/Lap Water Movement 2:15-3:10	Senior/Therapy/Lap Water Movement 2:15-3:10	Senior/Therapy/Lap Water Movement 2:15-3:10	Senior/Therapy/Lap Water Movement 2:15-3:10	Senior/Therapy/Lap Water Movement 2:15-3:10				
Open Swim 3:30-5:55	YMCA 4:00-5:00	Open Swim 3:30-5:55	YMCA 4:00-5:00	Open Swim 3:30-5:55	Rental 3:00-4:00			<div>Closed 4:00 Rental</div> <div></div>
Manta Ray 6:00-6:55	Open Swim 5:30-6:55	Manta Ray 6:00-6:55	Open Swim 5:30-6:55	Manta Ray 6:00-6:55	Family Swim 4:15-5:15			
Lap Swim Deep Muscles 7:00-7:55	Deep Muscles 7:00-7:55	Lap Swim Deep Muscles 7:00-7:55	Deep Muscles 7:00-7:55	Open Swim 7:00-8:55 Movie Night 1st & 3rd Friday of the month	Open Swim 5:30-6:55			
Closed 8:00	Closed 8:00	Closed 8:00	Closed 8:00	2nd & 4th Fridays Closed @ 8:00	Closed 7:00			
Rental/Closed	Rental/Closed	Rental/Closed	Rental/Closed	Rental/Closed	Rental/Closed			

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